

*"You can help improve your health and well-being when you make healthier lifestyle choices. You can help yourself stay independent longer, reduce your risk of death, and avoid or better manage chronic conditions when you make wise food choices and are more physically active."*

Josefina G. Carbonell  
Assistant Secretary for Aging

Help spread the word.  
Suggest that your favorite  
local organization join the  
*You Can!* Campaign.

U.S. Department of  
Health and Human Services  
Administration on Aging  
Washington, DC 20201



**STEPS TO HEALTHIER AGING**  
A Campaign of Steps to a HealthierUS

"Drink your milk."

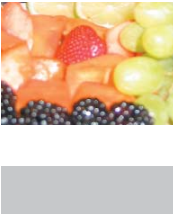
"Eat your greens."

"Walk the dog."

"An apple a day keeps the  
doctor away."

Place  
stamp  
here





For many of us, these childhood phrases ring true, even into our mature years. The simple fact is, good eating habits and physical activity can help you feel better and improve your health and well-being. They also can enhance your ability to do daily activities and help you keep your mobility and independence.

This is especially true if you want to prevent, delay, or manage heart disease, certain types of cancer, diabetes, obesity, anxiety and depression, arthritis, and osteoporosis.

It is easy to eat better and move more. You just need to follow a few simple steps each day. Even small changes in your food choices and physical activity can make a difference.

The U.S. Administration on Aging (AoA) has developed a campaign, *You Can! Steps to Healthier Aging* designed for older adults who are ready to make small changes in their food choices and physical activity. It is easy for you to take part. Join in and learn more about eating better and moving more and meet others who share your interest in making healthy lifestyle choices.

### *You Can! Steps to Healthier Aging*

The *You Can! Steps to Healthier Aging* campaign is part of the U.S. Department of Health and Human Services' *Steps to a HealthierUS* initiative, which encourages Americans of every age to make healthier choices.

AoA wants to make it easier for you to stay active and healthy. You are invited to join in activities brought to you by *You Can!* partners where you live.

### Why Healthier Lifestyle Choices?

Medical evidence shows that most older people tend to be healthier and feel better when they get a moderate amount of regular physical activity and eat right. You can achieve many benefits when you make healthier lifestyle choices and take part in local *You Can!* activities and programs.

You can:

- Gain strength and vigor to help you do the things you want to do.
- Help manage your weight.

Place your organization's contact information here.

- Improve your moods and relieve anxiety.
- Reduce your risk of chronic disease and death.
- Strengthen your bones and help prevent falls.
- Make new friends and have fun!

Join in the *You Can!* activities in your community.

To learn more about *You Can! Steps to Healthier Aging*

Visit the AoA's Web site at:  
[www.aos.gov/youcan](http://www.aos.gov/youcan), call (202) 619-0724,  
e-mail: [aoainfo@aoa.gov](mailto:aoainfo@aoa.gov),

or write to:

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